



According to traditional views, a baby's mental and spiritual condition develops while he is still in the womb, and his personality develops at the same time. This understanding, which stretches back to [Ayurveda](#), is now scientifically validated. A fetus is a highly receptive and growing living form capable of perceiving and responding to environmental stimuli, according to research. Furthermore, 60 percent of a baby's [brain growth](#) occurs within the womb, according to a study.



Garbh sanskar refers to the process of educating your kid while it is still in your womb. [Garbha sanskar](#) is a method for the mother and child to reach physical, mental, psychic, emotional, social, and spiritual perfection.

Ways to do Garbh Sanskar at home:-

- Spiritual books should be read.
- Play some songs
- Bonding with the kid through a healthy diet and meditation
- Keep a good attitude and use your imagination.

[Dr. Swapnanjali Avhad](#) offers the best [Garbh Sanskar](#) workshops and online classes in Nashik.

